

Employee Wellness Program

Vision Statement:

To Empower a corporate culture of health that inspires individuals to live with high energy, good health and passion for life.

Mission Statement:

To maximize business performance by helping employees and their families live healthier, more fulfilling lives and empowering them with knowledge, skills and opportunities to achieve their personal health and wellness goals.

Goal:

To be recognized as an industry leader among community-owned health care systems in population health and productivity management.

Our Team

HARRIS HEALTH SYSTEM

Michele Hunnicutt, MSHP, CHES, CWWPC

Director of Employee Wellness & EAP

Courtney Karam MPH, CHES

Sr. Wellness Coordinator

Nancy Che, MPH, CHES

Wellness Coordinator

Ellen Ogedegbe, M.Ed., CHES, CWC

Wellness Coordinator

CIGNA HEALTHCARE

Leah Garcia Campbell

Sr. Client Engagement Manager

Latecia Murphy, M Ed, RN, BSN, CHES

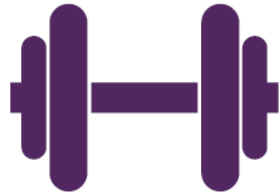
Cigna Onsite RN Health Coach

Crystal Cunningham

Onsite Client Service Partner

Our passion is to help people improve their health, well-being and quality of life!

What is Wellness?



Population Health Statistics-Biometrics Risks

		Sept 2016– August 2017			Sept 2017 – August 2018			
Biometric	Biometric Description	% At risk	% High Risk	%Total (At Risk + High Risk)	% At risk	% High Risk	%Total (At Risk + High Risk)	Trends
BMI	At Risk: 25-29 High risk: >=30	32%	46%	79%	31%	44%	75%	↓ 4%*
Waist Circumference	Women: >=35 inches Men: >=40 inches	51%		51%	43%		43%	↓ 8%
Cholesterol	At Risk: 200-239 mg/dL High Risk: >=240 mg/dL	20%	5%	25%	22%	7%	29%	↑ 4%
HDL	Women: < 50 mg/dL Men: <40 mg/dL	44%		44%	29%		29%	↓ 15%
LDL	At Risk: >=100 mg/dL High Risk: >=160 mg/dL	47%	5%	52%	54%	5%	59%	↑ 7%
Triglycerides	At Risk: >=150 mg/dL High Risk: >=200 mg/dL	26%	13%	40%	19%	8%	27%	↓ 13%
Glucose	At-Risk: 100-125 mg/dL High-Risk: >=126mg/dL	24%	11%	34%	19%	8%	27%	↓ 7%
Blood Pressure	At-Risk: >=120/80 High-Risk: >=140/90	42%	6%	48%	28%	3%	31%	↓ 17%**

* Results inclusive of self-reported results in health assessment and BMI from Wellness Screening forms.

**Results may be skewed due to a larger percentage of people with “good” readings submitting wellness screening forms.

Data source: IDAP, Y1 incurred September 2016– August 2017, paid through September 2017; Y2 incurred September 2017 – August 2018, paid through September 2018. Excluding post-65 retirees & COBRA; 2017-2018 data also excludes Grandfathered Disabled. Cost include medical and pharmacy; does not account for Capitation or Stop Loss.

Population Health Statistics-Lifestyle Risks

		Sept 2016 – August 2017			Sept 2017 – August 2018			
Biometric	Biometric Description	% At risk	% High Risk	%Total (At Risk + High Risk)	% At risk	% High Risk	%Total (At Risk + High Risk)	Trends
Physical Activity*	At Risk: 60 to 150 minutes/week High Risk: 0-60 minutes/week	52.7%	20.4%	73.1%	65.7%	6.7%	72.4%	↓0.7%
Tobacco Use*	Current Tobacco user		4.3%	4.3%	3.8%		3.8%	↓0.5%
Nutrition*	Less than 5 servings of fruit, vegetables and high fiber foods	81%	1.6%	82.6%	34.5%	2.0	36.5%	↓ 46.1 %
Stress*	High Risk: (stress scale score >18)		12.5%	12.5%	28.1%	5.7%	33.8%	↑21.3%

Increasing physical activity is effective in lowering the prevalence of cardiovascular disease, certain cancers, diabetes and certain mental and nervous disorders.

Poor Nutrition is one of the primary unhealthy lifestyle behaviors contributing to hypertension in working age adults

Why choose wellness?

Employees lead by example in promoting wellness at Harris Health.

Well-being improves your health and energy so you can enjoy time with friends and family, doing things you love!

HARRISHEALTH SYSTEM



FY21 Premium Rewards Program

Rates: 2019 – 2020 PREMIUM RATES (March 2020-February 2021)

The top set of Medical premium rates shown below have been established based on participation in our FY21 Premium Rewards Program, which asked that all employees covered by our Medical Plan complete an annual physical, health assessment, and other healthy activities throughout the year.

Medical Premium Rates	Biweekly Premium Incentive Rates					}	Discounted Premium Rates
	Medical Plan	Employee Only	Employee and Spouse	Employee and Children	Employee and Family		
	KelseyCare	\$18.02	\$191.46	\$83.25	\$249.27		
	High Deductible	\$18.02	\$191.46	\$83.25	\$249.27		
	Low Deductible	\$72.22	\$371.88	\$219.71	\$423.36		
	Biweekly Rates: Partial Premium Incentive Rates					}	Partial Discounted Premium Rates
	KelseyCare	\$41.09	\$214.54	\$106.33	\$272.35		
	High Deductible	\$41.09	\$214.54	\$106.33	\$272.35		
	Low Deductible	\$95.29	\$394.96	\$242.88	\$446.44		
	Biweekly Rates: Non Premium Incentive Rates					}	NON-Discounted Premium Rates
	KelseyCare	\$64.17	\$237.61	\$129.41	\$295.43		
	High Deductible	\$64.17	\$237.61	\$129.41	\$295.43		
	Low Deductible	\$118.37	\$418.03	\$265.86	\$469.52		

Note: FY22 Premium Reward Program (9/1/19-8/31/20); Rewards effective 3/1/21

FY22 Premium Rewards Program



If you have a covered spouse on the Harris Health Medical Plan, both you and your spouse must each complete the program to be eligible for the \$100 per month in premium rewards. If only one person completes the program, then the premium reward will be \$50 per month (about \$25/paycheck). Premium rewards are effective March 1, 2021.

Step 1 – Complete an Annual Physical with Lab Values

STEP 1– Complete an annual physical with lab values – Must Complete	Points
Complete an Annual Physical with Biometric Values (9/1/19- 8/31/20)	250 Premium Points
Submit a Completed Wellness Screening Form to Cigna (Optional)	50 Premium Points
Your verified biometric values can help you achieve additional Premium Points (shown in Step 3) by using a Cigna preferred lab (LabCorp, Quest, Kelsey Facility and more) or by submitting a Wellness Screening Form with biometric values, available on myCigna.com.	

Step 1 – Complete an Annual Physical with Lab Values

Healthy@Harris Premium Rewards Program

PROGRAM PERIOD: Current

If you think you might be unable to meet a standard for a reward under this wellness program, or if you have a disability that prevents you from doing so, you might qualify for an opportunity to earn the same reward by different means. For more info, contact us at 800-244-6224.

OVERVIEW **GOALS**

Earn a minimum of 1,000 Premium Points to achieve Premium Rewards

Both employees and covered spouses must complete the following Step 1 goals in order to earn \$100 per month in premium rewards:

- 1. Complete an annual physical with lab values and the online Health Assessment (500 points) and
- 2. Earn an additional 500 premium points through participation in Healthy@Harris programs and activities.

The Healthy@Harris Premium Rewards Program is designed using specific goals that reward you for healthy actions you take. It is available to all employees and spouses enrolled in the Harris Health Medical Plan. Once you earn your premium rewards, you have the ability to earn additional Amazon eGift cards for being actively engaged in your health and well-being.

My Maximum

Motivate/Me Core Goals

21,930

Premium Points

[View all goals](#)

My Awards Earned

Motivate/Me Core Goals

0

Premium Points

0 21,930

No goals yet completed. [Start now](#)

NEED HELP

[Visit the Support Center](#)

For help finding something on the site please call 1-800-853-2713

For help with plan and coverage information please call 1-800-244-6224

[VIEW MORE](#)

RELATED LINKS

- [Submit Completed Form\(s\) Electronically](#)
- [Wellness Screening Form](#)
- [Outcome-Based Physician Recommended Alternative/Waiver Form](#)

[VIEW MORE](#)

Annual Physical Exam/Wellness Screening

Print a copy of this form and bring it with you to the doctor's office.
Fill out the Patient Information section. Answer every question. Form cannot be processed if incomplete.
Your doctor, or other health care professional, should fill out the Wellness Screening Information section.
Please be sure to write clearly, sign and date the form. Forms without a signature and date are incomplete.
If you have any questions, call us using the phone number on the back of your Cigna ID card.

Instructions for patients and health care professionals

Marking instructions

Shade like this ☒ or like this ☐

Forms may be sent by:
MAIL: Cigna Customer Service
PO Box 5201-5201
Scranton, PA 18505
FAX: 1.877.916.5406
Enter on the fax cover sheet: "CONFIDENTIAL"
ONLINE: Electronically upload your form at myCigna.com

PATIENT INFORMATION

Relationship: ☐ Subscriber ☐ Spouse/Domestic Partner Gender: ☐ Male ☐ Female

Patient's First Name MI Patient's Last Name

Street Address, Apt Number, PO Box

City State Zip

Patient Date of Birth MM DD YYYY Preferred Telephone Number Is this a home ☐ or cell ☐ number?

Social Security (SSN) Last 4 numbers Note: Please use the last 4 digits of patient's SSN Patient's Cigna ID Number on ID card Cigna Group Account Number on ID card

Customer Signature (required). My signature means that the information on this form is correct. Today's Date MM DD YYYY

I understand that providing this information to Cigna and the employer-sponsored wellness program to collect my health information is voluntary under the employer wellness program.

WELLNESS SCREENING INFORMATION

Wellness Screening Date MM DD YYYY

BMI OR Height/weight (required) Feet Inches Pounds

Fasting blood sugar mg/dl Waist circumference Inches

Total cholesterol mg/dl Blood pressure Systolic Diastolic

LDL cholesterol mg/dl HDL cholesterol mg/dl

Triglycerides mg/dl

PHYSICIAN AND FACILITY INFORMATION AND CERTIFICATION OF PHYSICAL

Health Care Professional/Doctor First Name MI Health Care Professional/Doctor Last Name

City State Zip

National Provider ID

Certification of Results:
☐ I certify that I personally conducted this member's annual physical and/or wellness screening. Date of physical MM DD YYYY

Signature of Health Care Professional/Doctor (required) Today's Date MM DD YYYY

Your Privacy is Important: The privacy of your health information is important to you and to Cigna. We commit to protecting your personal health information. We ensure our practices comply with privacy laws, including the Health Insurance Portability and Accountability Act (HIPAA).

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Step 2 – Complete the Online Health Assessment

STEP 2 – Complete online health assessment-Must Complete	Points
Complete the MyCigna Health Assessment(9/1/2019-8/31/2020)	250 Premium Points

Step 2 – Complete the Online Health Assessment

The screenshot shows the Cigna online health assessment dashboard. At the top is a blue header with the Cigna logo and a dropdown arrow. Below the header, a welcome message "Welcome back, [redacted]" is displayed. The dashboard is divided into three main sections: "WELLNESS SCORE", "PROGRESS", and "PERSONAL INFORMATION".

WELLNESS SCORE (with a trophy icon):

- Text: "Your last Wellness Score completed 03-14-2019"
- Score: 98 (displayed in a large blue circle on a purple background)
- Buttons: "LAST 5 REPORTS" and "CURRENT REPORT"

PROGRESS (with a location pin icon):

- Text: "You can retake your assessment at any time and track your progress."
- Diagram: A blue background with a yellow dog icon labeled "Health Screening" and a yellow person icon labeled "Personal Section". A blue padlock icon indicates a locked section.
- Button: "RETAKE MY ASSESSMENT"

PERSONAL INFORMATION (with a person icon):

- Text: "These are the answers from your last completed assessment"
- Table of results:

Total Cholesterol	--
HDL Cholesterol	Good/Normal
Blood Pressure	[redacted]
Weight	[redacted]
Waist	[redacted]
Height	[redacted]

A vertical "Feedback" button is located on the right side of the dashboard.

www.mycigna.com

Verify on MyCigna BEFORE the deadline



250
POINTS

Complete the Health Assessment-Must Complete

Available: 09/01/2019 - 08/31/2020

Complete the Cigna online Health Assessment once you receive your biometric values and earn 250 Premium Points. The Health Assessment must be completed between September 1, 2018 and August 31, 2019 to be eligible for premium rewards as well as gift cards. The Health Assessment is a confidential questionnaire that asks you about your health and well-being and provides a personalized assessment of your current health.

[Complete my health assessment](#)



250
POINTS

Complete an Annual Physical Exam with Biometric Values-Must Complete

Available: 09/01/2019 - 08/31/2020

Complete an Annual Physical with lab values at your Primary Care Physician and earn 250 Premium Points. Your Annual Physical must be completed between September 1, 2018 and August 31, 2019 to be eligible for premium rewards as well as gift cards. A preventive exam is important to reinforce good health and to address potential and chronic problems.

You will be credited when your preventive claim is processed or when you [submit your completed wellness screening form](#) to Cigna.



Step 3 – Earn 500 Additional Points

STEP 3 – Complete Any Combination for 500 Total Additional Points	Points
Achieve Health Goals (complete 9/1/19 – 8/31/20) NOTE: Your self-reported biometric values in the Health Assessment will not earn you any Premium Points for the below goals.	
Achieve a healthy waist size of 35 in. (women) or 40 in. (men), or less	100 Premium Points - if Biometric is in Range
Achieve a healthy blood pressure level of $\leq 120/80$	100 Premium Points - if Biometric is In Range
* To earn points for the above biometric values you must submit the Wellness Screening Form located on myCigna.com	
Achieve a fasting blood glucose (blood sugar) level of < 100	100 Premium Points - if Biometric is in Range
Achieve a healthy LDL level of ≤ 100	100 Premium Points - if Biometric is in Range
Achieve a healthy total cholesterol level of ≤ 200	100 Premium Points - if Biometric is in Range
*To earn points for the above biometric values you may have lab done at an in-network lab such as LabCorp, Quest, Kelsey or submit the Wellness Screening Form located on myCigna.com.	
NOTE: Alternative activities are available if you are unable to meet the biometric values above.	

Step 3 – Earn 500 Additional Points

Preventive Goals (complete 9/1/19 – 8/31/20)

Complete an Annual OB/GYN Exam (Females > 18) *	100 Premium Points
Complete a Cervical Cancer Screening (Females > 18) *	100 Premium Points
Complete a Mammogram (Recommended at ≥ Age 40)*	100 Premium Points
Complete a Colon Cancer Screening (Recommended at Age 50 to Age 75)*	100 Premium Points
Complete a Prostate Screening (Males >18)*	100 Premium Points
Complete a Dental Exam (self-reported goal)	100 Premium Points
Complete a Vision Exam (self-reported goal)	100 Premium Points

* Check with your doctor to see if you need the screenings and how often.

Points for these exams are awarded based on the claim that your doctor sends to Cigna.

Points for these exams are awarded when you self-report the date of your exam.

Step 3 – Earn 500 Additional Points

Cigna Health Coaching by Phone (complete 9/1/19 – 8/31/20)	
Make progress toward a goal to overcome a health problem (Note: Chronic condition only)	200 Premium Points
Get help improving my lifestyle habits (Tobacco, Weight, or Stress)	200 Premium Points (per program)
Talk to a coach or visit the Ben Taub onsite coach to progress toward a health goal	200 Premium Points
Cigna Online Health Coaching (complete 9/1/19 – 8/31/20)	
Condition Management (Diabetes, Asthma, COPD, Heart Disease, Heart Failure)	100 Premium Points (per program)

Cigna Onsite Health Coach



Latecia Murphy

- One-on-one health coaching (nutrition, physical activity, high blood pressure, high cholesterol, stress management)
- Wellness education seminars and stop-by booths
- Health screenings and campaigns
- Referrals and support
- **Located in the Human Resources office at Ben Taub Hospital.**

Step 3 – Earn 500 Additional Points

Healthy Living Programs (complete 9/1/19 – 8/31/20)	
Livongo Diabetes Management Program - Enrollment and Activation (Must enroll and activate your meter)	200 Premium Points
Livongo Diabetes Management Program - Glucose Testing (Must test a minimum of four times per month)	50 Premium Points (per month)
Livongo Hypertension Management Program** (Must enroll and complete the Drive to Five (5 blood pressure checks within the first two weeks of receiving the device))	200 Premium Points
Livongo Hypertension Management Program - Monthly Monitoring** (Must check your blood pressure 4 times per month)	50 Premium Points (per month)
**New Program. Available to eligible participants already in Livongo Diabetes Management Program 9/1/18 and new eligible participants 11/1/18.	

Step 3 – Earn 500 Additional Points

Healthy Living Programs (complete 9/1/19 – 8/31/20)	
Naturally Slim Weight Management Program Class Completion* (Year-long program; 50 points awarded per each class completed)	50 Premium Points (per class)
Harris Health “Becoming a Mom” Program* (LBJ Hospital) (9 classes total; 50 points awarded per class)	50 Premium Points (per class)
Cigna Healthy Pregnancy, Healthy Baby Program Required to join in 1 st or 2 nd trimester, points awarded upon delivery Note: if delivery occurs after 8/31 points will apply toward the following year	400 Premium Points (1 st trimester enrolled) 200 Premium Points (2 nd trimester enrolled)
*Please note you can only receive credit for one wellness class per day.	

Growing Your Family

- Harris Health “Becoming a Mom” class at LBJ
- Cigna “Healthy Pregnancy, Healthy Baby” program
- Mother-Friendly Worksite
 - Lactation Rooms available at the following sites:
 - Holly Hall
 - Ben Taub
 - LBJ
 - Community Health Choice
 - 9250 Kirby
 - Quentin Mease

Step 3 – Earn 500 Additional Points

Social Health and Wellness (complete 9/1/19 – 8/31/20)	
Get connected! Have fun and earn rewards on Apps & Activities. Earn points for tracking your steps, weight, nutrition, sleep, glucose and blood pressure. Device integration available. Earn 20 Cigna stars in order to earn 100 points.	20 Cigna Stars = 100 Premium Points

Apps & Activities



HEALTHY@HARRIS
Caring for ourselves so we can care for others

ID Cards

Hi,

[Home](#)

[Find Care & Costs](#)

[Coverage](#)

[Claims](#)

[Spending Accounts](#)

[Wellness](#)

Welcome

Medical Coverage Status

You and the plan share co

When you visit a provider, you an

[View covered services and your share of cost](#)

Tools

[My Health Assessment](#)

[Apps & Activities](#)

[Personal Health Record](#)

[My Health Assistant - Online Coaching Program](#)

Rewards & Programs

[Healthy@Harris Premium Rewards Program](#)

[Healthy Rewards - Discount Programs](#)

Resources

[Health Encyclopedia](#)

[Health Topics & Resources](#)

[My Health Dashboard](#)

[Health Information Line](#)

[WebMD Health Manager](#)

[View my incentives](#)

Step 3 – Earn 500 Additional Points


Employee Wellness Programs, Events & Activities (complete 9/1/19 – 8/31/20)	
Complete the Well Powered Living Class Series*	50 Premium Points (per class)
Complete the Diabetes Prevention Program Class Series*	50 Premium Points (per class)
Complete an online wellness challenge	250 Premium Points (per challenge)
Complete a Healthy Knowledge Seminar	50 Premium Points (per seminar)
Attend a Healthy@Harris Special Event (will be announced)	100 Premium Points (per event)
Participate in an Explore & Learn Booth	5 Premium Points (per booth)
* You can only receive credit for one wellness class per day. Maximum of 4,000 points/year.	

Step 3 – Earn 500 Additional Points

Employee Wellness Programs, Events & Activities (complete 9/1/19 – 8/31/20)	
Participate in a group Exercise Class**	20 Premium Points (per class)
Participate in a Recreational Sports Program**	20 Premium Points (per game)
Achieve 10,000 steps a day via Fitbit**	20 Premium Points (per day)
Complete the annual Employee Wellness Survey	50 Premium Points
**Please note you can only receive credit for one exercise class, game or achieving 10,000 steps per day. Maximum of 5,200 points/year.	

Getting Fit

- Fitbit Discount & Subsidy
- Group Fitness Classes
- Sports
- Gym Discounts



[Appointments](#)
[MyHealth](#)
[Am I Eligible?](#)

[Home](#)
[Services](#)
[Patients](#)
[Access Care](#)
[Locations](#)
[Ways to Give](#)
[About Us](#)

Healthy@Harris

- What's New
- Calendars
- Rewards
- Stay Healthy
- Online Wellness Challenges
- Eat Well
- Get Fit**
- Lose Weight
- Healthy Mom, Healthy Baby
- Manage My Health Condition
- Quit Tobacco
- Improve My Financial Well-Being
- Manage My Stress
- Special Events
- Employee Assistance Program
- Reports

Harris Health / Healthy@Harris / Get Fit

Get Fit

Employee Wellness offers several programs and classes to improve fitness, strength, flexibility and balance. Exercise provides many health benefits, including increased energy, weight management and reduced risk for major health conditions.

Group Fitness Classes & Recreational Sports

Employee Wellness offers a variety of exercise classes and recreational sports teams. Group fitness classes and sports leagues are free to employees, spouses and children 18 years and older.



- **Group Fitness Schedule**
- **Liability Waiver** - Must be completed prior to participation. Send completed form to employeeewellness@harrishealth.org.
- **Group Fitness Email Sign-Up** - Fill out the form to be included in the group fitness communications.
- **Sports Sign-Up** - Fill out the form to specify which sports leagues you are interested in joining. Send completed form to employeeewellness@harrishealth.org.

Fitbit - Discount and Harris Health Fitbit Group

- For Employees & Spouses:
 - As an investment in your well being, Employee Wellness is providing you preferred pricing on one (1)

The Employee Wellness Website

www.harrishealth.org/employee-wellness

Accessible from any internet connected device

The screenshot shows the Harris Health System homepage. At the top is the Harris Health System logo. Below it is a navigation bar with links: Home, Services, Patients, Access Care, Locations, Ways to Give, and About Us. To the right of the navigation bar are icons for Appointments, MyHealth, Am I Eligible?, and AAA. A search bar is located to the right of the navigation bar. The main content area features a large image of a lightbulb with the text "Innovation at Harris Health System" and a description of the innovation program. Below this is a "Learn more" button. At the bottom of the page, there is a section titled "I want to..." with links to "Learn about financial assistance", "Contact my doctor", and "Refill my prescription". To the right of this section is a section titled "Harris Health Nurses: Inspiring Research and Innovation" with a link to "Harris Health System Nurses: Inspiring Research and Innovation". An orange arrow points from this link to the "Healthy@Harris - Employee Wellness" link in the "Active Employee Resources" section on the right.

The screenshot shows the "INSIDE HARRISHEALTH" page. At the top is the Harris Health System logo. Below it is a navigation bar with links: Home, Harris Health System, My Worksites, and My Page. A search bar is located to the right of the navigation bar. The main content area features a large image with the text "HARRISHEALTH SYSTEM Survey Readiness Resources" and a "Click here to enter" button. To the right of this section is a "FIND IT" section with links to "Policies and Procedures", "Emergency Management", "Kronos Central", "Department of Pharmacy", "Food and Nutrition", and "Nursing". Below the main content area is a "Recent News" section with links to "Harris Health System Receives Award for Older Workers for Safety", "Save the Date: Harris Health Foundation", and "Healthy@Harris Wellness Program Approaching". At the bottom of the page is a "You are Harris Health System" section with a link to "You are Harris Health System". An orange arrow points from the "Healthy@Harris - Employee Wellness" link in the "Active Employee Resources" section on the left to the "HEALTHY@HARRIS" link in the "You are Harris Health System" section on the right.

The Employee Wellness Website

HARRISHEALTH SYSTEM

Appointments MyHealth Am I Eligible? AAA EN

Home Services Patients Access Care Locations Ways to Give About Us Search...

Healthy@Harris

What's New
Calendars
Rewards
Stay Healthy
Online Wellness Challenges
Eat Well
Get Fit
Lose Weight
Healthy Mom, Healthy Baby
Manage My Health Condition
Quit Tobacco
Improve My Financial Well-Being
Manage My Stress
Special Events
Employee Assistance Program
Reports

Harris Health / Healthy@Harris

Employee Wellness

The Employee Wellness Program, Healthy@Harris, aims to promote a healthy work environment and healthy lifestyles through health education, health risk screenings, and risk factor reduction projects and services. Our programs are overseen by health professionals with expertise and training in health risk management, adult education and behavior change.

Vision:
To empower a corporate culture of health that inspires individuals to live with high energy, good health and passion for life.

Mission:
To maximize business performance by helping employees and their families live healthier, more fulfilling lives and empowering them with knowledge, skills, and opportunities to achieve their personal health and wellness goals.

Quick Links:
[Healthy@Harris Happenings Monthly Newsletter](#)
[Click here to view the latest Healthy@Harris Happenings newsletter.](#)

This Week in Wellness
[Click here to view the current wellness offerings this week.](#)

Contact Us



Employee Wellness:
 Phone: 713-566-6686
employeeewellness@harrishealth.com

Cigna Onsite RN Health Coach:
 Latecia Murphy
 Phone: 713-873-6407
 Mobile: 281-723-5225
Latecia.Murphy@cigna.com
Latecia.Murphy@harrishealth.com

Cigna Onsite Benefit Advocate:
 Crystal Cunningham
 Phone: 713-566-4391
 Mobile: 346-302-4248
HarrisHealth@cigna.com

Health Management Portal - MyCigna

www.mycigna.com

ID Cards Hi,

[Home](#) [Find Care & Costs](#) [Coverage](#) [Claims](#) [Spending Accounts](#) [Wellness](#)

Undo

Welcome

Medical Coverage Status

You and the plan share costs

When you visit a provider, you and the plan share the costs for in-network covered services.

[View covered services and your share of cost](#)

Incentives

Points earned:


1350

out of 21,930 Points


[View my incentives](#)

Latest Updates

[All \(3\)](#) [Claims](#) [Messages \(3\)](#)




Get Fit For just \$25 A Month
A message from your health plan | [See details](#)



Cigna Telehealth Connection. Convenient access to care through phone or video.

My Health



93/100

My Wellness Score
Last taken Jun 8, 2018

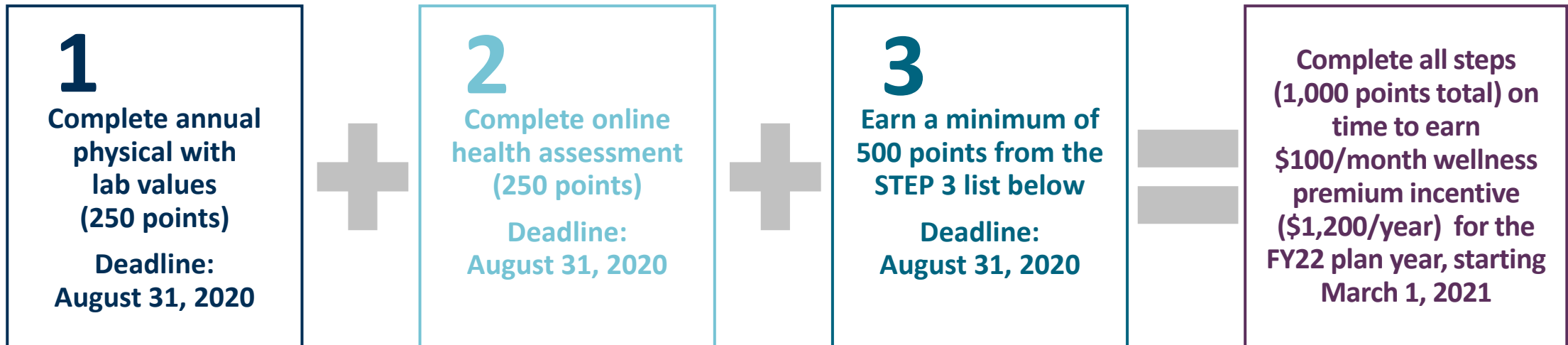
[Take your health assessment](#)

Communications

- Weekly Beat Brief emails
- This Week in Wellness
- Monthly Emails – Healthy@Harris Happenings
- Employee Wellness Website
- Quarterly Scorecard- Need Tableau Reader
- Program Year-End Report



Review the Three Requirements



**DON'T
FORGET!**

- **If you have a covered spouse on the Harris Health Medical Plan**, both you and your spouse must each complete the program to be eligible for the full premium rewards.
- If you go above and beyond the 1,000-point requirement, you may be eligible for extra rewards!

FY22 Premium Rewards – Program Year and Paycheck Dates Affected

FY22: Complete the FULL FY22 Premium Rewards Program by August 31, 2020 to keep your discounted medical insurance premium. If you DO NOT complete the program by the deadline, your premium will increase by approximately \$50 PER PAYCHECK starting March 1, 2021, through February 2022. **If you have a covered spouse on the Harris Health Medical Plan, both you and your spouse must each complete the program to be eligible for the \$100 per month in premium rewards.** If only one person completes the program, then the premium reward will be \$50 per month (about \$25/paycheck). Premium rewards are effective March 1, 2021.

Timeframe for FY22 Premium Rewards Program Completion				FY22 Premium Rewards Completion Paycheck Dates Affected			
2019		2020		2021		2022	
January	July	January	July	January	July	January	July
Feb	August	Feb	August	Feb	August	Feb	August
March	September	March	September	March	September	March	September
April	October	April	October	April	October	April	October
May	November	May	November	May	November	May	November
June	December	June	December	June	December	June	December

Keep Earning Incentives

BRONZE

- Complete Annual physical, Health Assessment and earn 1,000 points
- Earn applicable premium reward discount

GOLD

- Complete Bronze level and earn a total of **3,000** premium points
- Earn Bronze level reward plus a **\$50 Amazon eGift Card** net of taxes*

PLATINUM

- Complete Bronze level and earn a total of **4,000** premium points
- Earns Bronze, Gold level reward plus a **\$100 Amazon eGift Card** net of taxes* and special recognition

Amazon eGift Cards will only be rewarded on a monthly basis and distributed by our vendor partner (SVM Cards) to your Harris Health email address. The e-mail will be sent from **do-not-reply@wgiftcard.com**.

*Applicable federal, state, and local tax withholding will occur. A minimum tax rate of 32.65% is to be anticipated and may be adjusted accordingly as the law demands.

Employee Assistance Program (EAP)

Benefit is administered by FEI.

- EAP is available to all employees and their household dependents at no cost.
- Confidential, private resources are available 24/7 to discuss personal problems concerning family, finances, health, emotional stress, and more.
- Up to three (3) free counseling sessions are available to the employee and to each household member per diagnosis per calendar year. Any additional recommended services would be subject to the Medical Plan benefit and eligibility rules.
- Individual and Management resources are available, including articles, infobooks, webinars/training, videos and more.

Contact Information:

Company Code:

hhs

Phone:

1-800-638-3327

Website:

www.feieap.com



Contact Us!

HEALTHY@HARRIS

Caring for ourselves so we can care for others

713-566-6686

employeeewellness@harrishealth.org

[Visit our website!](#)

